

## **Public Health Week** April 1-5, 2013



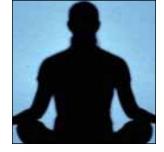
The Shelby County Health Department and the University of Tennessee Health Science Center are bringing Memphis a week of fun and exercise. Each event will be at noon from April 1-5 in the Health Science Park at the Pavilion, at the corner of Dunlap and Madison. You owe it to yourself to come out, have some fun and get fit so ...

## **LET'S MOVE!**

All events at Noon in **Health Science Park at the Pavilion** 

In case of inclement weather, events will be held in the Student Alumni Center (SAC) gymnasium, located at 800 Madison.





Monday, April 1 Yoga for everyone If you want to try a little yoga, this is it!

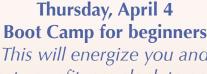
> Tuesday, April 2 **Hip Hop exercise**

Music that makes you want to move!



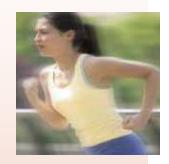


You've seen the wonderful coordination. Now learn how!



**Boot Camp for beginners** This will energize you and set your fitness clock to go!

Friday, April 5





**Sustainability Day** Farmers Market 10 am – 2 pm Cooking demo and free samples!

## Memphis, Come Out and Move!

For more information, call Frank Harrison at 901-448-2360 or Larry Smith at 901-222-9596.



